

# Activity Sheets for Kids of All Ages

Ready-to-copy Masters\*

- Broccoli Bonanza!
- Eat A Rainbow!
- The Eyes Have It!
- How Does Your Garden Grow?
- Salad Medley

\*Consider covering the answers  
before you make copies.





# Broccoli Bonanza!

## Knock! Knock!

Who's there?

**Danielle.**

Danielle who?

**Don't yell at me!  
I ate my fruits  
and vegetables  
today!**

## Knock! Knock!

Who's there?

**Mike.**

Mike who?

**Microwave your  
vegetables  
for dinner!**

## Knock! Knock!

Who's there?

**Will.**

Will who?

**Will you please  
put some  
broccoli on my  
pizza?**

Which parts of the  
broccoli plant can  
be eaten? Circle  
your answers.

**Leaf      Flower**  
**Stem      Root**

## Broccoli Trivia

Did you know  
broccoli . . .

- Comes from the Italian word *brocco* meaning arm or branch.
- Is high in vitamin A.
- Has been around for over 2,000 years and has been grown in the United States for about 200 years.
- Originated around the Mediterranean Sea.
- Was served to Caesar – often two to three times at the same meal.
- Was first introduced to France in the 1500's and to England in 1720.
- Was brought to America by early colonists.
- First grown in California in 1923, and in a few years was shipped fresh to New York and Boston.

## Cabbage Family Scramble

Broccoli belongs to the cabbage family – a group of vegetables. Can you unscramble the names of these cabbage family vegetables? Remember to eat cabbage family vegetables at least two times a week.

1. mrdusta senerg .....
2. kbo cyho .....
3. printu sregne .....
4. aabcbeg .....
5. wssis hcrad .....
6. rublesss sstoupr .....
7. leak .....
8. froclauwiel .....
9. hbailok .....
10. crooclib .....
11. ischnee bbagcea .....
12. lyruc ssrec .....
13. arbataug .....
14. darlcol ngsee .....
15. dorshsherai .....

## Trees in a Broccoli Forest

Recipe from Dole Food Company  
5 A Day Website

<http://www.dole5aday.com>

Makes 4 servings

Preparation Time: 20 minutes



### Dipping Sauce Ingredients

- ¼ cup plain nonfat yogurt
- ¼ cup light sour cream
- 2 teaspoons honey
- 2 teaspoons spicy brown mustard

### Broccoli Trees Ingredients

- 2 carrots, peeled
- 3 cups broccoli florets
- 4 cherry tomatoes
- 3 tablespoons parsley leaves

- Mix dipping sauce ingredients in a small bowl.
- Hold carrots against cutting board and trim off ends. Cut each in half, crosswise, then lengthwise to make four pieces.
- Arrange the plate as shown in the picture. Spoon the sauce around the base of the carrots and sprinkle with parsley.

**Nutrients per serving:** 84 calories, 3 g protein, 12 g carbohydrate, 2 g fat, 1 mg cholesterol, 74 mg sodium.

**Answers:** The stem, leaves and flowers of the broccoli plant are all edible. Scramble: 1. mustard greens, 2. bok choy, 3. turnip greens, 4. cabbage, 5. Swiss chard, 6. Brussels sprouts, 7. kale, 8. cauliflower, 9. kohlrabi, 10. broccoli, 11. Chinese cabbage, 12. curly cress, 13. rutabaga, 14. collard greens, 15. horseradish.



# Eat A Rainbow!

## Phytochemicals (fight-o-chemicals)

*Phyto* is the Latin word for plant and a phytochemical is a chemical found in a plant. Nature puts it there. Fruits and vegetables have thousands of different phytochemicals that help keep us healthy. By eating a variety of fruits and vegetables you will get all the phytochemicals you need. Can you name a different fruit or vegetable for each line?

..... p.....  
 ..... h.....  
 ..... y.....  
 ..... t.....  
 ..... o.....  
 ..... c.....  
 ..... h.....  
 ..... e.....  
 ..... m.....  
 ..... i.....  
 ..... c.....  
 ..... a.....  
 ..... l.....



## How Many Can You Name?

A fun way to get all your phytochemicals is to eat fruits and vegetables that are different colors. How many fruits or vegetables can you name that are . . .

Blue or Purple .....

Red .....

Orange or Yellow .....

White, Tan, or Brown .....

Green .....



For snack time fun, try . . .

## Rainbow Platter

- Arrange fruits and/or vegetables in an arc by color.
  - **For a fruit platter** try PURPLE grapes, BLUEberries, RED strawberries, ORANGE sections, mango slices, pineapple chunks and kiwifruit slices.
  - **For a vegetable platter**, try boiled PURPLE potatoes, RED radishes, carrot sticks, sliced YELLOW summer squash, YELLOW or PURPLE peppers and GREEN beans.
- Select a dip recipe. Mix ingredients in a small bowl and serve.

### Vegetable Dip

¼ cup plain nonfat yogurt  
 ¼ cup light sour cream  
 2 tablespoons honey  
 2 teaspoons spicy mustard

### Orange Yogurt Dip for Fruit

8 ounces low fat, plain  
 2 teaspoons honey  
 grate peel of ½ orange

## Knock! Knock!

Who's there?

**Orange.**

Orange who?

**Orange you glad?**

## Knock! Knock!

Who's there?

**Blue.**

Blue who?

**Blueberries are packed with vitamin C!**

## Rainbow Collage

Cut out pictures of different fruits and vegetables. Paste them together by color to make a rainbow.

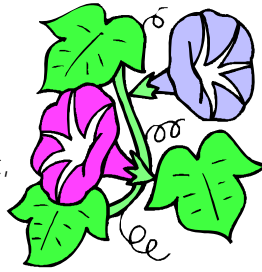


# The Eyes Have It!

## Sweet Cousins

From the family of morning glory  
Comes this sweet little story,  
Of a group of cousins  
Who had eyes by the dozens.

From America come the potatoes so sweet,  
They whisk all the chefs right off their feet.  
While the yams (their paler relations)  
Hail from the Asian and African nations.



Both tater and yam taste quite divine,  
And that leads to problems at holiday time.  
If invited to dinner, they become quite suspicious  
That they might end up being served on the dishes!

## How Many Can You Name?

Sweet potatoes are brown on the outside and yellow or orange on the inside. How many fruits and vegetables can you name that are one color on the outside and another color on the inside?

.....

.....

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.....

.....

### Knock! Knock!

Who's there?

**Sweetie.**

Sweetie who?

**Sweetie potatoes  
are delicious  
just baked  
in their skins.**

### Knock! Knock!

Who's there?

**Seymour.**

Seymour who?

**See more things  
in the dark –  
eat something  
rich in vitamin A.**

### Knock! Knock!

Who's there?

**Justin.**

Justin who?

**Just in case you  
were  
wondering, ½  
cup sweet  
potato has  
more vitamin A  
than you need  
in one day.**

## Grow One!

Stick 3-4 toothpicks into the midsection of a small, healthy sweet potato. Put the potato into a jar of water -- rest the toothpicks on the mouth of the jar. Put the potato and jar in the sun and watch your sweet potato vine sprout!



## Sweet Potato and Yam Trivia

- Sweet potatoes have been around a long time. They were a favorite of herbivore dinosaurs.
- Sweet potatoes should be firm and well-shaped with clean, smooth skins. They should have few eyes, and those few eyes should be shallow.
- Avoid sweet potatoes with bruises, soft spots, signs of decay, wrinkles or cuts in the skin.
- The eleven-month calendar of Figi is based on the growth cycle of the yam.
- Do not refrigerate a sweet potato. Temperatures below 55°F will give it a hard core and undesirable taste when cooked. Leftover sweet potatoes should be refrigerated.
- NASA's Advanced Life Support Program is growing sweet potatoes for long duration space missions and possible future inhabitants on Mars.

## A Simply Yummy Snack . . . Baked Sweet Potato

- Wash and scrub a sweet potato and pierce it with a fork.
- Place the sweet potatoes on a cookie sheet and bake at 425° for 40-60 minutes. (Or, place it on a plate and cook it in the microwave for 4-10 minutes.
- To see if it's done, put on some hot mitts. The sweet potato is done when you can squeeze it.
- Slice and serve for a sweet treat!

## Sweet and Funny

Draw a cartoon with sweet potato people.



# How Does Your Garden Grow?

**Why did the little boy bury eggplants in his backyard?**

He wanted to grow chickens.

**Why shouldn't you tell secrets on a farm?**

Because the cornstalks have ears, the potatoes have eyes, and the beans talk.

## Growing Scramble

Can you unscramble these gardening and farming words?

1. croattt .....
2. lovesh.....
3. morsw .....
4. stompoc .....
5. esdse .....
6. earc.....
7. sawtr.....
8. remanu.....
9. esdew .....
10. ostor .....
11. veesla .....
12. trawe.....
13. nensushi.....
14. ilso.....
15. letrow .....

## Pizza Garden

Plan a pizza garden! Grow tomatoes and oregano for the sauce. What vegetables do you want to add for the topping?

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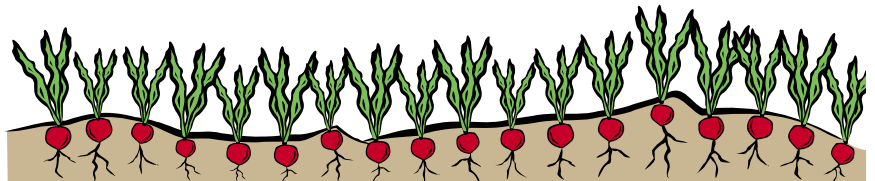
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## What parts of the plant do we eat?

Circle your answers.

<b>Broccoli</b>	Root	Stem	Leaf	Flower	Fruit	Seed
<b>Carrot</b>	Root	Stem	Leaf	Flower	Fruit	Seed
<b>Cauliflower</b>	Root	Stem	Leaf	Flower	Fruit	Seed
<b>Celery</b>	Root	Stem	Leaf	Flower	Fruit	Seed
<b>Corn</b>	Root	Stem	Leaf	Flower	Fruit	Seed
<b>Cucumber</b>	Root	Stem	Leaf	Flower	Fruit	Seed
<b>Kidney Bean</b>	Root	Stem	Leaf	Flower	Fruit	Seed
<b>Lettuce</b>	Root	Stem	Leaf	Flower	Fruit	Seed
<b>Potato</b>	Root	Stem	Leaf	Flower	Fruit	Seed
<b>Pumpkin</b>	Root	Stem	Leaf	Flower	Fruit	Seed
<b>Tomato</b>	Root	Stem	Leaf	Flower	Fruit	Seed



**Answers:** Growing Scramble 1. tractor, 2. shovel, 3. worms, 4. compost, 5. seeds, 6. acre, 7. straw, 8. manure, 9. weeds, 10. roots, 11. leaves, 12. water, 13. sunshine, 14. soil, 15. trowel. Plant Parts Broccoli: stem, leaf, flower. Carrot: root. Cauliflower: stem, leaf, flower. Celery: stem, leaf. Corn: seed. Cucumber: fruit, seed. Kidney Bean: seed. Lettuce: leaf. Potato: root. Pumpkin: fruit, seed. Tomato: fruit, seed.



# Salad Medley



## Carrot and Raisin Sunshine Salad

From the *Fun with Fruits & Vegetables Kids Cookbook* at <http://www.dole5aday.com/>

**Makes 4-6 servings**

### Ingredients

- 1 pound carrots peeled and shredded
- ½ cup raisins
- 1 carton (8 ounces) lowfat vanilla yogurt
- 4 to 6 iceberg lettuce leaves

### Method

- Mix first three ingredients in a bowl.
- Toss again before serving.
- Serve on lettuce leaves.

## Design a salad!

- Use your imagination! See how many different colors you can get into your salad. Try adding fruits and beans.
- Name your recipe.
- Ask your teacher or parents if you can make your salad with their help.

**Recipe Name:** .....

**Ingredients:**

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**How to make it:**

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 .....

## How many salad greens have you tried?

Circle the ones you have tried. Put a star next to your favorites. Underline the one you want to try next.

To see pictures of each one, visit <http://www.foodsb.com/>

Belgian endive  
 Bib lettuce  
 Curly ndive  
 Dandelion greens  
 Escarole  
 Boston lettuce  
 Butter lettuce  
 Green-leaf lettuce  
 Iceberg lettuce  
 Spider mustard  
 Lamb's lettuce  
 Leaf lettuce  
 Lollo rosso  
 Mediterranean  
 rocket (arugula)  
 Miner's lettuce  
 Oakleaf lettuce  
 Radicchio  
 Red leaf lettuce  
 Romaine lettuce  
 Spoon cabbage



## Salad Sisters

Here are the words. For the melody, go to <http://www.dole5aday.com/>

### Chorus

Salad is good  
 Salad is smart  
 We're the Salad Sisters  
 And we're speaking from the heart

It all starts with lettuce  
 Make yourself a salad today  
 It's your salad  
 You make it how you want it  
 Little, middle or big's okay  
 Green leafy lettuce  
 Is a super way to start it  
 Add a fresh tomato and you're on your way  
 Broccoli and carrots will add to your creation  
 Mix it all together; it's salad fascination!

### Chorus

A little salad is one whole serving  
 It counts as one on your 5 A Day  
 A middle salad takes the serving count to two  
 So double up the veggies 'cause they're good for you  
 A big salad makes a meal in itself  
 Counts as three servings and terrific for your health

### Chorus

We're Salad Sisters  
 And all we do is salad  
 Fresh and tasty and nutritious, too  
 We're Salad Sisters  
 And we even make it easy  
 With ready-made salads that are good for you  
 Just open up the bag and pour it in a bowl  
 Add your fresh veggies and then you're on a roll!

### Chorus



Words and music by Phil Schroeder and Lorelei DiSogra, © 1999 Dole Food Company, Inc.